

Developmental Milestones

12 - 18 months

Between the ages of 12 and 18 months, your baby should be doing most of these things. If you have concerns, help is available.



Moving - Does your baby:

- ☐ walk without help?
- ☐ pick up small objects (cheerio sized)?
- ☐ fill and dump objects from container?
- ☐ put one object on top of another?
- ☐ feed himself with a spoon?
- ☐ hold and drink from a cup (with some spilling)?



Understanding - Does your baby:

- ☐ point to things or pictures when you name them?
- ☐ say two or three different words other than "mama" or "dada"?
- ☐ ask for things using words?



Seeing - Does your baby:

- ☐ use both eyes equally to look at things?
- ☐ look at things without squinting, crossing eyes or turning his head unnaturally?
- ☐ hold objects at a normal distance (6-12")?
- ☐ have clear eyes, not red or watery?
- ☐ seem to notice shadows, colors or different textures?
- ☐ walk without bumping into things, as if he cannot see them?



Hearing - Does your baby:

- ☐ imitate sounds?
- ☐ understand verbal directions?
- ☐ use a voice that is not too loud or soft?
- ☐ listen to sounds around him at normal volume - not too loud?

You Can Help Your Baby Develop!

Play

- Give safe household items to play with such as small pots, pans, measuring cups or spoons.
- Play body and word games like "Pat-a-cake," "This Little Piggy."
- Play at filling and dumping things.
- Play music and dance with your child.

Read

- Read together every day.
- Point out things in the pictures and name them.
- Read favorite books over and over.

Talk

- Say what you see throughout the day and let him repeat your words.
- Tell your baby what you are doing and why. Name body parts and everyday objects, over and over.

Listen

- Be patient while your baby is learning to talk. Listen closely and do your best to understand.
- Add to his words. For example, when he points at a ball and says "Ba," respond with "Yes, that's a red ball. Do you want to play with the ball?"

Respect

- Offer real choices between two good options. For example, "Do you want an apple or an orange?"
- Let your baby do the things she can do safely: choose clothes, dress, wash her face and hands.
- Praise your baby for trying new things.
- When your child gets sad or upset, talk with him about his feelings.

As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

If you have concerns...

Every baby grows at his or her own rate, but if you have concerns about your baby's development, there is help available in Washington State. Call 1-800-322-2588 for the name of the Family Resources Coordinator in your area. You may also talk with your doctor or local school district.

More information is available at the Infant Toddler Early Intervention Program website:
www.wa.gov/dshs/iteip/iteip.html

**Please
Ask**
Babies Can't
Wait.



**CHILD
PROFILE**

**Call Healthy Mothers,
Healthy Babies at
1-800-322-2588 (voice)
or 1-800-833-6388 (tty)**

*This brochure is brought to you by the
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Watch & Help Me Grow



12-18 Months